

Dr. Axe
FOOD IS MEDICINE

5 NATURAL REMEDIES FOR THYROID HEALTH

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There are more people than ever before that are struggling with hypothyroidism, Hashimoto's disease, hyperthyroidism and Grave's disease.

If you personally are one of those people who has a sluggish thyroid, a slow metabolism, maybe you exercise and the weight doesn't come off like it should, you struggle with adrenal fatigue or lack of energy — all of those are warning signs that you might have a thyroid issue.

5 Natural Remedies for Thyroid Issues

1 Ashwagandha

The No. 1 natural remedy you need to start to support the thyroid is ashwagandha, which is proven to heal thyroid and adrenal issues. Ashwagandha is known as an adaptogenic herb.

Other adaptogenic herbs can include things like tulsi or holy basil — also things like rhodiola and ginseng and licorice root. All of those are adaptogen herbs, but ashwagandha may be the most effective at naturally supporting overall thyroid health, especially as a natural treatment for hypothyroidism and Hashimoto's. In fact, in the studies on it, it was actually shown to help both hyper and hypothyroid symptoms, which is amazing.

2 Selenium

The No. 2 thing you should consider adding in to overall improve your thyroid function is selenium. The benefits of selenium are critical — actually, selenium has very powerful antioxidant-like functions. In fact, studies have shown that selenium helps balance out T4 in your body's

hormones, so again, taking a therapeutic dose of selenium every day has also been shown to benefit thyroid function.

There are also foods high in selenium you can consume, including:

- ▶ Brazil nuts
- ▶ Yellowfin tuna
- ▶ Cooked halibut
- ▶ Canned sardines
- ▶ Grass-fed beef
- ▶ Boneless turkey
- ▶ Beef liver
- ▶ Chicken
- ▶ Eggs
- ▶ Spinach

3 B Vitamins

The next thing you want are certain types of B vitamins if you want to improve thyroid function. Thiamine and vitamin B12 are two B vitamins you need that can actually improve thyroid function.

Vitamin B12 benefits thyroid health by balancing hormones naturally and treating chronic fatigue syndrome. Some of the top vitamin B12 foods include:

- ▶ Beef liver
- ▶ Sardines
- ▶ Grass-fed beef
- ▶ Tuna
- ▶ Raw cheese
- ▶ Cottage cheese
- ▶ Lamb
- ▶ Raw milk
- ▶ Eggs
- ▶ Salmon

Thiamine has many of the same benefits for thyroid health as vitamin B12, including supporting the metabolism, and some of the top thiamine foods are:

- ▶ Green peas
- ▶ Asparagus
- ▶ Brussels sprouts
- ▶ Sesame seeds
- ▶ Sunflower seeds
- ▶ Pistachios
- ▶ Herring
- ▶ Crimini mushrooms
- ▶ Ground flaxseed
- ▶ Spinach

4 Probiotics

You know probiotics are critical for digestive function. In fact, thyroid conditions have also been linked to a health problem called leaky gut syndrome. Leaky gut is where a protein like gluten can leak through the gut, get in the bloodstream and cause inflammation throughout the body, but also it can cause inflammation of the thyroid gland. Thus, healing leaky gut syndrome is important and probiotics are the No. 1 supplement for that.

To overcome signs and symptoms of leaky gut, consume more probiotic foods, such as:

- ▶ Kefir
- ▶ Cultured vegetables
- ▶ Kombucha
- ▶ Coconut kefir
- ▶ Natto
- ▶ Probiotic yogurt
- ▶ Kvass
- ▶ Raw cheese

5 Proteolytic Enzymes

And then, last but not least are proteolytic enzymes. Enzymes reduce inflammation, especially if you have an autoimmune-related thyroid condition like Hashimoto's disease; taking proteolytic enzymes like bromelain can benefit thyroid health by reducing inflammation of the thyroid.

If you can do those five natural remedies that I mentioned, you're going to see great results in thyroid function. Sometimes you can even find a blended formula as well with all of those ingredients in it that can support thyroid and adrenal gland function.

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